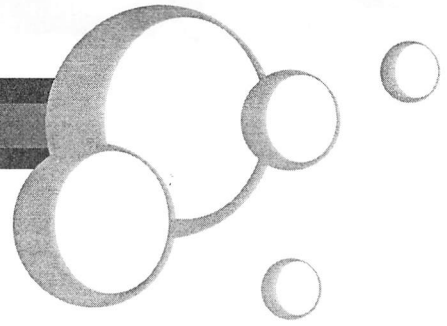


Keepin' Clean

Think about how you can protect your inner purity. List three specific ideas about what you *will* or what you *will not* do to avoid impure thoughts.

A large, empty rectangular frame with a thick, dark border, designed for writing the three specific ideas mentioned in the text above. The frame has a slightly irregular, hand-drawn appearance.

Summing it all up, friends, I'd say you'll do best by filling your minds and meditating on things true, noble, reputable, authentic, compelling, gracious—the best, not the worst; the beautiful, not the ugly; things to praise, not things to curse.

—from *Philippians 4*, The Message